Mountain Weather Forecast

Lake District National Park

Forecast valid from 00:00 on Sunday 19 Mar 2023 until 23:59 on Monday 20 Mar 2023

Forecast Issued on Saturday 18 Mar 2023 at 16:45

Confidence: High for a largely fine day through much of tomorrow and for an unsettled week but lower with regard to timing of arrival and clearance of the more persistent bands of rain.

Headline for Sunday 19 Mar 2023: Bright and mainly dry with sunny spells. Evening rain.

Mountain weather hazards on Sunday 19 Mar 2023

Blizzards No Likelihood	**Heavy persistent snow** No Likelihood	**Storm force winds** No Likelihood
Gales No Likelihood	**Severe chill effect** Low Likelihood	**Poor visibility** Low Likelihood
Thunderstorms No Likelihood	**Heavy persistent rain** No Likelihood	**Strong sunlight** Low Likelihood

Weather and chance of precipitation at 800m							
Time							
00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00
Cloudy	Cloudy	Partly cloudy (night)	Sunny intervals	Sunny intervals	Sunny intervals	Sleet	Heavy Rain
Precipitation probability							
40%	20%	<05%	<05%	<05%	10%	50%	70%

Forecast for Sunday 19 Mar 2023

Weather: Rather cloudy with occasional rain, this gradually dying out through the early hours with cloud breaking towards dawn. Then a bright day with sunny spells, the best of these through the morning, but cloud above the summits thickens through the afternoon, bringing outbreaks of rain, preceded briefly by sleet or wet snow over the higher summits, east through the late afternoon and evening, the rain becoming more persistent and occasionally heavy later in the evening.

Chance of cloud-free hill tops above 800m: Around 75% at dawn rising close to 100% by midday, chances fall towards zero in evening.

Low cloud and visibility: Occasional cloud above about 600m at first gradually lifting above the summits through the morning, more persistent cloud above 450-600m develops during the evening. Away from cloud visibility very good, falling to several kilometres in evening rain and perhaps briefly a kilometre in any summit snow.

Check our weather forecast every day to get the most accurate and up to date information
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Met Office Mountain Weather Forecast

Forecast for Sunday 19 Mar 2023

Height (m)	Wind Speed mean/gusts (mph)					Wind Direction (blowing from)			
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	25/30 NW	31/37 NW	25/31 NW	17/22 NW	13/18 W	17/22 SW	20/26 SW	27/34 S	31/38 S
600	19/25 W	20/28 NW	19/27 NW	15/21 NW	12/17 W	15/21 SW	18/23 SW	23/30 S	25/33 S
300	8/21 NW	8/23 NW	8/21 NW	8/18 NW	7/14 W	7/16 SW	7/18 SW	9/23 S	10/23 S
Valley	8/20 NW	7/23 NW	7/21 NW	8/17 NW	8/14 W	8/16 SW	7/16 SW	8/19 S	7/20 S

Height (m)	Temperature / Feels Like (°C)								
	00:00	03:00	06:00	09:00	12:00	15:00	18:00	21:00	00:00
900	0/-7	-0/-8	-1/-8	-1/-7	-0/-6	-1/-7	-1/-7	1/-8	2/-5
600	2/-3	2/-4	1/-4	2/-4	2/-2	2/-3	1/-5	2/-5	3/-3
300	4/1	4/1	4/0	5/2	6/3	5/3	4/1	3/-0	4/0
Valley	6/4	6/4	6/3	7/4	7/5	7/4	6/3	5/3	6/3
Freezing Level*	1000m	800m	700m	700m	700m	700m	700m	1000m	2200m

**Level above which ground is expected to be frozen/snow is expected to settle.*

Meteorologist's View

Still a significant chill, especially at higher elevations, despite the dry and bright conditions.

Forecast for Monday 20 Mar 2023

Weather: A mostly cloudy day with outbreaks of rain, these persistent and heavy at times, especially across southern and western fells, with underfoot conditions likely to become very wet. Best of any drier, brighter interludes expected over eastern and northern fells.

Maximum wind: Southerly or southwesterly 20-25mph, with gusts around 40-45mph over ridges and higher fells at first and again in evening.

Chance of cloud-free hill tops above 800m: Little or no chance across most fells, but 25% over far northern and eastern fells.

Low cloud and visibility: Periods or persistent cloud above 450-600m, lowering to 300m or less, especially over western and southern fells closest to the coast, at times, but cloud becoming more occasional above 600-750m at times over far northern and eastern fells. Away from cloud visibility good falling to several kilometres in rain.

Temperature: **Valleys:** Plus 5 or 6 Celsius rising to plus 11 or 12 Celsius by day
At 800m: Around plus 2 Celsius rising to plus 5 Celsius
Freezing level: Above the summits.

Thursday	A few wintry showers but generally dry for most with some sunny spells. Occasionally fresh southwesterly winds. Freezing level around 750m.

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Mountain Weather Forecast

Ground Conditions Supplement

Date: Saturday 18 March 2023. Location: Helvellyn summit at 11:15 Full report: A spring like day on the Lake District fells with plenty of showers and sunshine. The thaw of the surviving snow patches continues with summit temperatures of +5 oC. These are mainly to be found on N through W aspects in sheltered hollows and gully exits above 700m. They will quickly refreeze if the freezing level drops significantly and could present a hazard but in general the majority of popular paths are now snow free and any remaining areas are easily bypassed. Striding and Swirral Edges on Helvellyn can now be climbed and descended without setting foot on snow. With the dramatic recent rises in temperature, there is now a significant contrast between the warmth of the sheltered valleys and the exposed high fells where the summit windchill was still around freezing. Thus for those venturing on the high fells full winter clothing (waterproofs, extra warm layers, hat & gloves) mountain boots and equipment - including a torch, map and compass and the ability to use them in potentially poor visibility – all remain essential both for safety and for enjoying the experience. Temperature: Plus 4.9 C, Maximum wind speed 14.2 mph, Wind chill: plus 1.0 C, Average wind speed: 9.3 mph

Issued at: 1645 on Sat 18 Mar 2023

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